

Veteran-Directed Care



What is Veteran-Directed Care?

Veteran-Directed Home and Community Based Services gives Veterans of all ages the opportunity to receive the Home and Community Based Services they need in a consumer-directed way.

Veteran-Directed Care is for Veterans who need skilled services, case management, and assistance with activities of daily living (e.g., bathing and getting dressed) or instrumental activities of daily living (e.g., fixing meals and taking medicines); are isolated or their caregiver is experiencing burden.

Veterans in this program are given a flexible budget for services that can be managed by the Veteran or the family caregiver. Veteran-Directed Care can be used to help Veterans continue to live at home or in their community.

As part of this program, Veterans and their caregiver have more access, choice and control over their long

term care services. For example, Veterans can:

- Decide what mix of services will best meet their needs
- Hire their own personal care aides (which might include their own family member or neighbor)
- Buy items and services that will help them live independently in the community

Am I eligible for Veteran-Directed Care?

Since **Veteran-Directed Care** is part of the VHA Standard Medical Benefits Package, all *enrolled Veterans* are eligible **IF they meet the clinical need for the service and it is available**. NOTE: This is a new VA program and is only available in certain locations.

There is no copay with this program. However, you may still have a copay if you use Home and Community Based Services.

Find out more by visiting the Paying for Long Term Care section at www.va.gov/Geriatrics.

What services can I get?

If you are enrolled in this program, you can decide what mix of Home and Community Based services will best meet your needs.

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How do I decide if it is right for me?

You can use a **Shared Decision Making Worksheet** to help you figure out what long term care services or settings may best meet your needs now or in the future.

There's also a **Caregiver Self-Assessment**. It can help your caregiver identify their own needs and decide how much support they can offer to you. Having this information from your caregiver, along with the involvement of your care team and social worker, will help you reach good long term care decisions.

Ask your social worker for these Worksheets or download copies from the **Shared Decision Making** section at www.va.gov/Geriatrics.

Your physician or other primary care provider can answer questions about your medical needs. Some important questions to talk about with your social worker and family include:

- How much assistance do I need for my activities of daily living (e.g., bathing and getting dressed)?
- Can I select and coordinate the services I need?
- What are my caregiver's needs?
- Is my caregiver able to assist me with coordinating the services I select?
- How much independence and privacy do I want?

- What sort of social interactions are important to me?
- How much can I afford to pay for care each month?

If Veteran-Directed Care seems right for you, talk with your VA social worker and find out if it is available in your location.



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